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NEEDS RECRUITS**  
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# Gary Sinise and Lt. Dan Band on USO Tour to NSA Mid-South



CSI: New York star Gary Sinise and the Lt. Dan Band will perform onboard NSA Mid-South on Friday, June 2. The stop is part of a stateside USO tour by the group.  
(Photo by Dave Gatley)

COURTESY OF THE USO

Actor, director and producer Gary Sinise and the Lt. Dan Band will perform a free concert for military personnel on NSA Mid-South on Fri., Jun. 2.

Currently starring in the hit CBS series *CSI: New York*, Sinise is also known to troops as Lt. Dan in *Forrest Gump*. This is the 19th USO tour for Sinise, who recently returned from a solo visit to the Persian Gulf. The concert here in Millington is the second stop for Sinise and the Lt. Dan Band on their stateside tour of military bases. The first was Tinker Air Force Base, Okla. Additional stops include Fort Leonard Wood and Whiteman Air Force Base, Mo.

A long-time supporter of military personnel and veterans, Sinise was among the group of celebrities on the USO's first tour to Baghdad in June 2003. Other tour stops include Iraq, Kuwait, Qatar, the United Arab Emirates, along with bases in Europe and the Pacific. Sinise and the Lt. Dan Band frequently perform for service members at military bases in the United States.

Following a USO tour to Iraq, where he visited with school children, Sinise co-founded Operation Iraqi Children, which provides educational

See Band Tour, 4

## NPC supports HURREX-06

BY JO3 TREVOR ANDERSON,  
NAVY PERSONNEL COMMAND PUBLIC AFFAIRS

With the official start of the 2006 hurricane season fast approaching, Navy Personnel Command (NPC) personnel recently were busy supporting U.S. Fleet Forces Command in the Navy-wide exercise HURREX-06.

During HURREX-06, which started on Apr. 24 and concluded on May 5, approximately 190,000 people, both military and civilian, had to be accounted for. NPC handled the required personnel accountability aspects, mostly via online means.

"This is a standard drill like anyone might run at sea, just on a much larger scope," said Capt. Gregory S. Parker, head of enlisted submarine and nuclear power assignments at NPC. "It is designed to exercise our shore- and sea-based commands' ability to conduct a complete and thorough muster and account for them in the BOL (BUPERS-Online) muster system."

HURREX-06 started with simulated hurricanes affecting the coastline from Texas to Maine. Other regions will have similar exercises, depending on the type

of disaster common to the area. At the end of the first week of the exercise, with three days of actual mustering, the process is about 65 percent complete, said Parker.

"And this is a daytime-only exercise. Everything is done during working hours." NPC's role in the exercise is complex and vital, according to Parker. "Accountability of our Navy family is vital, and our use of BOL and exercising the process evolved from lessons learned from Hurricane Katrina," he said.

"Accountability is pretty simple for the active-duty sailors; not so simple when you're talking about civil service workers, non-appropriated funds workers or selected reservists. There are other databases we have to draw from to get that data."

"We use BUPERS-Online, and we set the system up to where we have all of these folks loaded into an IT system," Parker explained.

After a disaster strikes, individual commands can log on to BUPERS Online and turn in their muster reports there, he said. That is, unless the disaster

See HURREX, 4

# Memorial Day is Monday, May 29th



## END OF AN ERA



With a salute and handshake between Capt. Margaret R. Reed, commanding officer, Enlisted Placement Management Center (EPMAC) and Rear Adm. James L. Holloway, commander Navy Personnel Command (NPC) PERS-4, EPMAC was officially disestablished in ceremonies at the Cook Convention Center last Friday. For details, see story on Page 4.  
(Photo by Art Frith)



## On-screen

The Navy Log is an excellent way to preserve the service of a friend or family member in the Navy, Marine Corps, Coast Guard or Merchant Marines for generations to come. See story, p. 5.

(Photo courtesy of the U.S. Navy Memorial)

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COMMENTARY



New sea/shore rotations



BY FLTCM(AW/SW)  
JON R. THOMPSON

If you haven't seen NAVADMIN 130/06, announcing changes to the Navy's sea/shore rotations, you need to review it. Almost every rating in the Navy is affected by the changes that better align tour lengths to our sea-centric force.

The revisions update existing sea/shore rotations that were put in place four years ago. As our Navy continues to evolve, it is critical that we maintain sufficient manning aboard our sea and shore commands. Since 2001, the Navy has eliminated more than 19,000 shore duty billets, but until now, sea/shore rotations did not take that reduction into account. The new sea/shore rotations will make it easier for detailers and community managers to maintain our billet base at sea and ashore.

So what does this mean to you? Depending on your rating, the changes may increase the number of months you spend on

sea duty and shore duty. According to the Chief of Naval Personnel, there are 790 rates/ratings/NECs that make up the Navy's sea/shore rotation force. Of these, 150 will have an increase to their sea duty time, with most seeing a change of six months or less. Forty will increase eight to 12 months, and only five will increase more than 12 months. On average, sea tour lengths for E-5 to E-9 will increase from 47 months to 51 months, while shore tour lengths will increase from 34 to 36 months.

Those of you within your nine-month window to negotiate orders will be able to proceed with those orders. The Navy Personnel Command will adjust projected rotation dates based on length of tour remaining. Projected rotation dates of February 2007 or earlier will NOT be adjusted.

From a fleet perspective, the changes are critical, because proper manning is essential to all our ships, squadrons and bases. Without correct manning, meeting mission requirements becomes an even greater challenge. Most of us have served in commands that had manning shortfalls. I can tell you from past experience that, when a command is improperly manned, it's difficult to maintain good morale, because the work that would be done by the missing people is often placed on the backs of others. Proper

sea/shore rotations help reduce that negative impact.

The Navy is a sea-going force. Hopefully, you all understand that. While there are a few shore-intensive ratings, the majority of our ratings are sea-intensive. It should not come as a surprise that the majority of your career will be (and should be) served on sea duty. Having said that, it is equally important that the Navy provide balance. Correct sea/shore rotations help us all map out a career path. What's more, the time we spend on shore duty allows for career diversity and the necessary time to pursue higher education.

As we look to the future, it's clear that our Navy is changing. We are building smaller ships that are crewed by far fewer people than most legacy ships. It is important that we continue to monitor how the manning aboard these new ships and units affect our ratings, while ensuring our that legacy ships are properly manned, as well. To that end, the Chief of Naval Personnel has created the Sea Shore Rotation Working Group (SSRWG) to investigate, analyze and develop solution sets for current and future billet bases. That group will be key to our future manning success.

The changes in sea/shore rotations are very good for our Navy. I hope you see how you fit into the bigger picture. While you may personally incur only a couple more months at a sea

duty command, when you do the math on a larger, total Navy scale, you realize a couple months here and a couple months there start to add up quickly and help us ensure that our units have the right people at the right time. As of May 8, there were 298,938 enlisted people serving on active duty in our Navy. It's clear to me that even small sea/shore rotation

imbalances start to have a significant impact on our readiness. Every one of you, in every rating, needs to do your best to maintain your sea/shore rotation. Detailers are charged with holding you to the Navy's plan. Your part is to do your best to work with your detailer to help stay on track. Shipmates, my challenge to each of you is to embrace the new changes in

sea/shore rotation and plot your career wisely. While going to sea is not always easy, most of you will find it a little easier if you look to the future and plan using the new sea/shore rotation guidelines as a beacon. If you plan correctly, you should be able to serve a productive, rewarding career in the Navy with the proper balance of both sea and shore tours of duty.

CHRISTIAN SCIENCE:  
A REVELATION OF THE HEALING OF CHRIST

A Lecture by Ryder Stevens, C.S., Retired Army Chaplain

Thursday, May 25  
7:00-8:00 p.m.

- Discover the Christ, the light that reveals your identity
- Learn why Christian healing is practical today
- Discover how you can heal others as Christ Jesus did

Germantown Centre  
1801 Exeter Road  
Germantown, TN 38138

Free Admission • All Welcome • Dress Casual

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Chaplain's Corner  
THE DA VINCI CODE

BY CHAPLAIN ROB BEEDE

Dan Brown's book *The Da Vinci Code* has sold more than 40 million copies. A major motion picture based on the book will be released May 19. The book makes some rather interesting religious claims. One is that Jesus was married to Mary Magdalene and that they had a child. Another is that the Christian church did not consider Jesus to be God until the fourth century.

Dr. Bart Ehrman, department chair of religious studies at the University of North Carolina in Chapel Hill, was asked to comment on the claim that Jesus was married to Mary Magdalene. He replied, "Not a single one of our ancient sources indicates that Jesus was married, let alone to Mary Magdalene."

Regarding the belief of the Christian church about Jesus being God, I'd like the Bible to speak for itself. Paul wrote before 66 A.D. about Jesus' deity. He said, "He is the image of the invisible God... For by him all things were created: things in heaven and on earth, visible and invisible... all things were created by him and for him. John wrote before 90 A.D. how Thomas fell at the feet of Jesus and exclaimed, "My Lord and my God."

Having said all this, I hope that, if you happen to read *The Da Vinci Code* or see the movie, you will find it interesting and enjoyable. All I ask is that you please just remember what the author, Dan Brown, said about it himself: "The Da Vinci Code is a novel and therefore a work of fiction."

CALENDAR OF EVENTS

**Graduation Day** - The Navy College Office will host its 2006 commencement exercise May 19 @ 6:30 p.m. @ the NSA Mid-South Conference Center. A reception will be held honoring the graduates immediately following the ceremony in the Crystal Room.

**The WAVES (Women Accepted for Volunteer Emergency Service)** National Women will meet at the Memphis Zoo May 20 or a Day Out. Participants are asked to meet at the "Northwest Passage" exhibit and look for the WAVES banner. Lunch is available for purchase at the zoo, or participants may bring their own. For more information, contact Linda Coffield at 372-9028 or linda.coffield@navy.mil, or visit www.womenofthewaves.com.

**Armed Forces Day 2006** - Bumpus Harley-Davidson, located @ 2160 Whitten Road, Memphis, is holding a Freedom Celebration on Sat., May 20th and inviting the entire community to bring and display their U.S. flag for a series of aerial photos to be taken and sent to U.S. military units deployed overseas. The photos will be taken @ 4:30 p.m..

**Blood Drive to be Held** - The first big base-wide blood drive will be held on May 22 at four locations — Navy Personnel Command, Branch Medical Clinic, Personnel Bureau and NAVMAC.

**Résumé Writing Workshop** - May 24, 9 a.m.-11 a.m. @ the FFSC, Bldg. 456, classroom 2. This workshop will introduce all aspects of written self-marketing tools to include business cards, various types of résumés, cover letters and thank you letters. Create a résumé or bring in your résumé and get help on making it better. Open to all active-duty military, retirees, DoD civilians, and eligible family members, however, registration is necessary. Contact Brenda Sherman @ 874-5330 to reserve your seat.

**The 3rd Annual Mid-South FCOA Spring Fling** will be held @ Navy Lake on Thursday, May 25, from 11:30 a.m. to 10 p.m. Tickets are \$3 per person. For more information, contact CTAI Reid @ 874-3829.

**Remember** - Hundreds of Scouts from the Chickasaw Council will gather on May 27, for the annual Memorial Day Ceremony @ the Memphis National Cemetery. The Scouts will join veterans and family members in placing flags on the more than 47,000 graves.

**Join the DEFY team this summer.** Staff volunteers are needed for Summer Leadership Camp July 14-18. The camp focus is on substance abuse prevention, gang resistance, physical fitness, citizenship, conflict resolution, and self-esteem development. Call RP2 (FMF) Garrett @ 336-6765 for more information.

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Memorial Day Service of Remembrance

NORTHBRIDGE WOODHAVEN  
Funeral Home and Cemetery

MONDAY, MAY 29TH, 10:00 A.M.

Everyone is Invited Tent seating  
available for everyone.

The  
Zephyr Brass Quintet

KEYNOTE SPEAKER:  
Captain Matt Straughan



872-3375

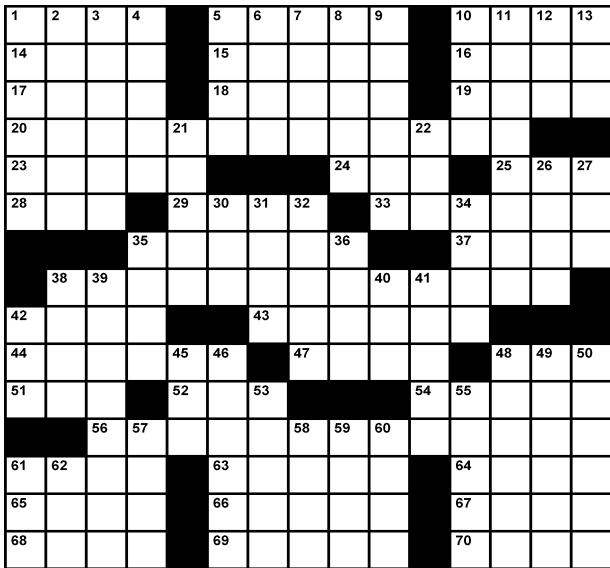
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Crossword:

Brought  
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Webster  
UNIVERSITY

ACROSS  
1 Glacier break-away  
5 Heated conflict  
10 Singer/song-writer Mitchell  
14 Part of it makes blue eyes blue  
15 Drug from poppies about (circa)  
16 Starter starter  
17 Charles de Gaulle's birthplace  
19 Mother of Helen of Troy  
20 Colorful signals  
23 Aromatic compound  
24 Not quite a birdie  
25 Egypt and Syr., once  
28 Certain female animal  
29 Workplace safety gp.  
33 Like sheepdogs  
35 On dry land  
37 Trim away  
38 Vacationer's purchase, perhaps  
42 Wind instrument  
43 Type of ball  
44 Nifty type of smell  
47 Word with block or map  
48 Theologian's sch.  
51 Certain Siouan  
52 Flunky's answer  
54 Italian isle  
56 What some films contain  
61 Ray of "The Green Berets"  
63 On video  
64 Sight from Buffalo  
65 Coach Ewbank  
66 Sound beginning?  
67 Multiple-choice, e.g.  
68 Colorful parrot  
69 Annoyingly troublesome  
70 Homophone for seize  
DOWN  
1 Caught in the act  
2 "Be it \_\_\_ humble ..."  
3 Connect, in a way  
4 Blooper  
5 Big moments at The Met  
6 Like some proportions  
7 Work the earth  
8 Sign of spring  
9 Some sorority women  
10 Sudden impact  
11 Request at Starbucks, perhaps  
12 Gesture of assent  
13 Financial nest egg  
21 Winter blanket?  
22 Royal acronym  
26 Taj Mahal city  
27 Type of bread or grass  
30 \_\_\_ Na Na  
31 \_\_\_ Kong  
32 Pianist Rubenstein  
34 Imitator  
35 "Wait just \_\_\_!"  
36 Prefix meaning "outer"  
38 Sarcastic response  
39 "Oh, that's why!"



CROSSWORD PUZZLE  
ANSWERS

1 SEISMIC 2 KONG 3 BLOOMING 4 MET 5 CONFLICT 6 PROPORTIONS 7 TILL 8 SPRING 9 SORORITY 10 IMPACT 11 REQUEST 12 GESTURE 13 NEST 21 BLANKET 22 ROYAL 26 AJAH 27 GRASS 30 NANA 31 KONG 32 RUBIN 34 IMITATOR 35 WAIT 36 OUTER 38 SARCASTIC 39 WHY 40 DAY 41 WORKER 42 LENNON 45 RAND 46 SHUT 48 PARTY 49 THOMPSON 50 FRENCH 53 SEVERAL 55 GALLEY 57 DOOBY 58 GOES 59 EXEC 60 RACES 61 HOLE 62 JULY



# NAVAL SUPPORT ACTIVITY MID-SOUTH ANNUAL WATER QUALITY REPORT FOR YEAR 2005

by James Heide

NSA Mid-South Environmental Department Environmental Installation Program Manager

**Why are we doing this report?**

In order to ensure that tap water is safe to drink, the EPA and Tennessee Department of Environment and Conservation (TDEC) Division of Water Supply prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. Congress, in its 1996 amendments to the Safe Drinking Water Act mandated that the EPA promulgate regulations requiring community water systems to annually publish and provide, to their customers, Consumer Confidence Reports (CCRs). These reports must describe the quality of the water supplied to customers and provide educational information on health effects of various contaminants. All community systems that serve less than 10,000 persons must deliver the completed CCR to their customers by July 1 each year. Your system serves approximately 6,300 people.

The TDEC commissioner of instructed community water systems serving fewer than 10,000 persons to publish their CCR in a local newspaper rather than mailing a copy to each customer. The regulations require the CCR to contain certain mandatory language. In some cases, this language does not directly apply to our deep-well water source. However, we have included both the required report data along with information about the uniqueness of our water. Information in this report represents results of testing during the calendar year 2004. We welcome this opportunity to inform you of the high quality of water that is delivered to our customers.

**What is the source of my water?**

The public water system serving NSA Mid-South consists of five wells and a 4.2 million-gallon-per-day water-treatment plant. Of the five wells, two are in the Memphis Sand aquifer, approximately 500 feet deep, and three are in the Fort Pillow aquifer, approximately 1,400 feet deep. The water treatment plant is designed to remove naturally occurring iron and provide chlorination and fluoridation. The plant consists of a coke-tray aerator, polymer addition and mixing, gravity filtration, chlorine, and fluoride addition. Currently, the system is producing an average of 1.2 million gallons per day. Treated water is taken from the two-million-gallon clearwell by five high service pumps rated at 1,040 gallons-a-minute each and pumped to the distribution system and a 500,000 gallon elevated tank.

We are working hard to protect your drinking water source from contamination. We have developed a Wellhead Protection Plan in accordance with Rule 1200-5-1.34(1)(f)5 under the State of Tennessee Safe Drinking Water Act. The plan was approved by the state in August 1996, and updated the potential contamination source inventory in May 2004. This plan examines the various processes that are located within the area where our water is being supplied to our wells. If you have any questions about your drinking water source, please call NSA Environmental Department, at 874-5367.

Does my Drinking Water Meet EPA Standards and other rules that govern our operations?

Yes, our drinking water meets or exceeds all of EPA's health standards. During our last water plant inspection from TDEC in March 2004, we received a numerical rating of 91, placing us among the state's "approved" public water systems.

In order to ensure that tap water is safe to drink, EPA prescribes regulations, which limit the amount of certain contaminants in water provided by public water systems. FDA regulations establish limits for contaminants in bottled water, which must provide the same protection for public health. The state and EPA require us to test our water on a regular basis to ensure its safety and to report the results of this monitoring. The following chart shows a few contaminants were found at safe levels but did not exceed regulatory levels.

The State of Tennessee has completed a Source Water Assessment on our system. A hard copy can be viewed in Building 455, Environmental Department, or you can view on the web at <http://www.state.tn.us/environment/dws/>.

Contaminants	MCLG	MCL	Level found	Date	Violation	Typical source
Micro bacteria						
Total coliform bacteria	0 PPB	Presence of five percent of positives monthly samples (systems that collect <40 samples/month) one positive monthly sample.	No	Monthly	No	Naturally present in the environment.
Inorganic contaminants						
Fluoride	4 PPM	4 PPM	1.07-1.20 PPM	Quarterly	No	Water additive that promotes strong teeth; erosion of natural deposits; discharge from fertilizers & aluminum factories.
Barium	2 PPM	2 PPM	0.063 PPM	December 2002	No	Discharge from metal refineries; drilling wastes; erosion of natural deposits.
Lead	0 PPB	15 PPB	14 PPB	July 2005	No	Corrosion of household plumbing systems; erosion of natural deposits.
Copper	1.3 PPM	1.3 PPM	0.45 PPM	July 2005	No	Corrosion of household plumbing systems; erosion of natural deposits.
Sodium	No MCLG	No MCL	43 PPM	March 2005	No	Erosion of natural deposits, used in water treatment.
Sulfate	250 PPM	250 PPM	5.2 PPM	December 2002	No	Erosion of natural deposits.
Total trihalomethanes	No MCLG	80 PPB	0 PPB	August 2005	No	By-products of chlorination used in the water treatment process.
Total haloacetic acids	No MCLG	60 PPB	0 PPB	August 2005	No	By-products of drinking water disinfection.
<p><b>MCLG: maximum contaminant level goal, or the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.</b></p> <p><b>MCL: maximum contaminant level, or the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.</b></p> <p><b>PPM: parts per million</b></p> <p><b>PPB: parts per billion</b></p> <p><b>N.D.: non-detected</b></p> <p>We monitor for some contaminants less than once per year, and for those contaminants, the date of the last sample is shown in the chart.</p> <p>The presence of coliform bacteria in drinking water, however, generally is a result of a problem with water treatment or the pipes that distribute the water, and indicates that the water may be contaminated with organisms that can cause disease. Disease symptoms may include diarrhea, cramps, nausea, and possible jaundice, and any associated headaches and fatigue. These symptoms, however, are not just associated with disease-causing organisms in drinking water, but also may be caused by a number of factors other than your drinking water.</p> <p>Fluoride is added to the water system to help prevent tooth decay. Some people who drink water containing fluoride well in excess of the MCL over many years could get bone disease. This could include pain and tenderness of the bones, and children's teeth could also become discolored. Some people who drink water that contains Barium well in excess of the MCL over many years could experience an increase in their blood pressure. Some people who drink water that contains high levels of sodium could develop high blood pressure. Our levels are well below any of these action levels for these contaminants. Excess amounts of sulfates may have gastrointestinal effects on the human body.</p> <p>TDEC requires all public water systems to test various sites in their distribution system for lead and copper. Corrosion of household plumbing systems and erosion of natural deposits are the sources for these contaminants. We have never exceeded the action level for these contaminants. The action level for these contaminants are that 90 percent of the homes tested must have lead levels below 15 parts per billion and copper levels below 1.3 parts per million. Our 90th percentile for lead was 14 PPB and 0.45 PPM for copper. We had five out of 49 sites exceed the lead action level and zero sites exceed the copper action level. These buildings have greatly reduced their population. We immediately developed a regular flushing of the buildings' water, and also retested to ensure it meets all water quality requirements. All sites are now below the action level.</p> <p>When the program began, we had to test twice per year. Since we have low levels of these contaminants, TDEC has approved us only testing every three years. When we have had individual cases of slightly raised levels, we have replaced faucets and develop routine flushing to ensure the best possible drinking water for our customers. We recommend if the water has been standing in the pipes for more than six hours, run the water until you feel a change in temperature, which indicates it is now coming from the street (usually about one minute). This process will help minimize the lead and copper levels, and provide the best tasting water at your tap. The samples we take are without any flushing after the water has been standing in the pipes for six to eight hours. The health effects for children from lead, well in excess of the MCL, is altered physical and mental development. The effects for women would be increased blood pressure and shorter gestational period. The effects for men would be increased blood pressure. The health effects from copper, well in excess of the MCL, are stomach and intestinal distress and Wilson's disease.</p> <p>Because of a chemical reaction between chlorine and naturally occurring organic matter in water, certain by-products such as trihalomethanes and haloacetic acids are formed during the process of disinfection. A certain percentage of people who drink water with levels of trihalomethanes and haloacetic acids well over the MCL for many years could have liver or kidney problems, deficiencies in the central nervous system, and higher cancer risk. Safe Drinking Water Regulation 1200-5-1-.36(6) requires us to submit a collection of one residence time-sample result for total haloacetic acids and one residence time-sample result for total trihalomethanes during July 1 through September 30 of each year.</p> <p>As required, we have to analyze our water for gross alpha activity. Our most recent analysis conducted on May 5, 2003, showed the gross alpha emitters, radium 226, and radium 228 to be Below Detection Limit. The MCL for gross alpha is 15 pCi/L, radium 226 and radium 228 is 2.5 pCi/L.</p> <p>Why does the water sometimes look rusty?</p> <p>Rusty or reddish tinted water may occur because of a sudden change in pressure due to improper flushing of a fire hydrant, etc. Iron causes the discoloration; it is not a health risk. The normal flow of water will usually clear the mains within two hours or less. Check your water by flushing a commode three times. If the hot water is rusty, the water heater may need to be flushed. If you flush it, please follow the manufacturers' directions.</p> <p>Why are there contaminants in my water?</p> <p>Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline (800-426-4791). The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and radioactive material, and can pick up substances resulting from the presence of animals or from human activity.</p> <p>Contaminants that may be present in source water include:</p> <ul style="list-style-type: none"><li>* Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations and wildlife;</li><li>* Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining or farming;</li><li>* Pesticides and herbicides, which may come from a variety of sources such as agriculture, storm water runoff, and residential uses;</li><li>* Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff, and septic systems; and</li><li>* Radioactive contaminants, which can be naturally occurring or be the result of oil and gas production and mining activities.</li></ul> <p>Do I need to take any special precautions?</p> <p>Some people may be more vulnerable to contaminants in drinking water than the general population. Immune-compromised persons (such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants) can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline by calling (800-426-4791).</p> <p><b>How can I get involved?</b></p> <p>Please feel free to call your NSA Environmental Department at 874-5367 any time during regular operating hours with your questions and concerns. These operating hours are from 7 a.m. until 4:30 p.m. Monday through Friday.</p> <p><b>Other contacts for more information:</b></p> <p>United States Environmental Protection Agency Safe Drinking Water Hotline (800) 426-4791</p> <p>Tennessee Division of Water Supply (615) 532-0191</p> <p>Jackson Environmental Assistance Center (901) 512-1300</p> <p>Memphis and Shelby County Health Department (901) 544-7741</p> <p>NSA Mid-South, Environmental Department's Web page: <a href="http://www.nsamidsouth.navy.mil/environm.htm2">http://www.nsamidsouth.navy.mil/environm.htm2</a></p>						



## Navy EOD expanding, needs recruits

By JO1 (SW) PHIL BEAUFORT  
EXPEDITIONARY COMBAT COMMAND  
PUBLIC AFFAIRS

The Navy Explosive Ordnance Disposal (EOD) community is forming its own rating and looking for sailors to fill an additional 80 billets, June 1.

Navy Expeditionary Combat Command (NECC) command master chief Anthony Santino, the Navy's senior enlisted EOD technician, or "Master Blaster of the Navy," recommends that sailors interested in converting to EOD do their homework to make sure this is the career path for them. "We want people who know this is what they want to do, so they'll stick with it when the training gets tough," said Santino.

EOD candidates are pre-screened prior to entry in the program for a number of attributes. Sailors must achieve qualifying scores on the ASVAB, fitness test, pressure test, security clearance, dive physical and have no non-judicial punishments.

If qualified and accepted into the program, new candidates report for two weeks of training at Prospective Student Indoctrination in Great Lakes, Ill. Sailors then report for two months of dive training at the Naval Diving and Salvage Training Center in Panama City, Fla., and 10 months of ordnance training at the Naval School of Explosive Ordnance Disposal at Eglin Air Force Base, Fla. At Eglin, candidates will spend a significant amount of time in the classroom and in the field, learning about chemical, biological, nuclear, conventional and improvised explosive devices.

After successful completion of that arduous process, potential EOD techs will then report for six weeks of tactical training in San Diego, three weeks of jump

school at Fort Benning, Ga., and, when the opportunity arises, free-fall school.

"Don't volunteer for EOD training just because you don't like your current rate," Santino re-emphasized. "You really need to want to do this."

QM1 (EOD/FPJ/AW) Chris Reed has been an EOD tech for the last four of his 10 years in the Navy. "I was stationed in Guam with base security and had the opportunity to see some of the EOD training. I took an interest and got to know some of the techs," Reed said.

"I'll be honest, the first reason I thought about getting into the program was for all the special pay. But then, I realized the caliber of people I was working with, and I was hooked."

The NECC EOD force recruiter, ABHCS (EOD/FPJ) Scott Treible, said that part of the pre-screening is looking for sailors with that "certain something."

"A majority of the people we get are your classic 'Type A' personalities. They have very active lifestyles, enjoy team sports, are competitive, think fast and perform well under pressure," Treible said. "At the same time, they need to be independent and decisive. People who can't think on their feet and make immediate decisions aren't going to get through the program."

"The attrition rate is pretty high, but as long as you show the instructors you really want to be there, they'll work with you," agreed Reed. "It's not about how book-smart you are. I've seen some really intelligent guys wash out because they didn't have mental discipline, and guys who really struggled in class make it because they wouldn't give up."

DC2 (EOD/SW) J.T. McGraw just completed the EOD course and earned his basic EOD tech qualification. McGraw learned about EOD



during his first duty station in Italy.

"I was stationed aboard USS *La Salle* (AGF 3) in the damage control department. As the U.S. Sixth Fleet flagship, we embarked a lot of special operations guys," he said. "What struck me was the camaraderie that these small teams shared. When they weren't working they had a very relaxed attitude, but when they worked, they really turned it on. It was impressive, and I knew then that's what I wanted to do."

After more than a year of school and training, McGraw wasn't disappointed with his decision. "It's a lot of hard work and a lot of hours in the

classroom," he said. "I'm living a dream. Nothing surprised me after I finished the school and reported to the mobile unit. It's everything I wanted it to be."

"It's fun! This is the only place in the world you can do the things we do on a regular basis," Treible added. "Free-fall parachuting, diving, weapons firing, tactical combat training, intensive physical training, robotics - surface and underwater, and at the end of the day, we get to blow something up. How can you beat that?"

To find out more information about becoming an EOD technician, contact the NECC Force EOD recruiter.

## EPMAC disestablishes early, merges with Navy Personnel Command

By JO3 JESSICA A. FORTHOFFER

A disestablishment ceremony at the Cook Convention Center in Memphis last Friday marked the end of the Enlisted Placement Management Center (EPMAC) as a stand-alone command.

Capt. Margaret R. Reed, EPMAC commanding officer, passed the command over to Rear Adm. James L. Holloway, commander of NPC PERS-4. "The merger will not affect our mission," said Reed. "Our basic functions remain."

Dr. Kenneth Watman, dean of the Center for Naval War Studies at the Naval War College, was the guest speaker. He said that even with the disestablishment, EPMAC's true essence will live on ... in the form of the new PERS code 4013.

James A. Pridgen, an EPMAC plank owner and director of the Transients, Patients, Prisoners and Holdees Program at EPMAC, said that the mission will remain the same, and that the mission accomplishment will always be the first priority. "We have a sturdy group of folks here who have showed resilience and continue to accomplish the mission," he said.

Originally formed in July 1975, EPMAC was the result of the consolidation of three enlisted personnel distribution offices and three personnel accounting installations. EPMAC moved to Millington from New Orleans last September, due to the devastation caused by Hurricane Katrina. The disestablishment occurred earlier than originally scheduled due to the latest round of recommendations from the Base Realignment and Closure Committee.



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### Band Tour

CONTINUED FROM 1

materials to students in Iraq through donations from the American people. He also is the national spokesman for the Disabled Veterans' LIFE Memorial Foundation, which is building a memorial in Washington, D.C., honoring disabled veterans. AT&T, Inc. is the official telecommunications sponsor of USO entertainment tours.

Gary Sinise and the Lt. Dan Band's NSA Mid-South performance will be on Fri., June 2, from 7-10 p.m. on the Mall between the base Chapel and Craftech. The show is open to all military personnel, DoD employees and their invited guests.

### HURREX

CONTINUED FROM 1

leaves the command without electricity. If that happens, said Parker, the command should call the Emergency Coordination Center at 1-877-414-5358 to turn in its reports.

HURREX is not new, and other exercises like it have been conducted before.

"This is the second exercise since Katrina, and each time it's gotten smoother," said Ellen Williams, team leader at NPC Customer Service Center.

Williams speaks for a group of call agents who found themselves playing vital roles during Katrina. She and fellow agents provide sailors and Navy families a one-stop center for questions on hundreds of

topics. The Customer Service Center does double duty as the Emergency Coordination Center during crises.

Call agents say that policy during natural disasters now is largely based on what they experienced during hurricane season last year. "It's the result of lessons learned during Katrina," said Lt. Bruce Haynes, NPC Customer Service Center project manager.

Disaster exercises over the years have centered around keeping the Customer Service agents as organized as possible during chaotic times and providing them with information to address the types of questions they'll receive.

A full listing of commands that were affected by the exercise is found at <http://www.npc.navy.mil>.



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# OPEN FOR Business

Donna Doran, NSA Mid-South executive officer Cmdr. Russell Chang, Thelma Cooper and Carol Nelson look on as Ron Wells cuts the big yellow ribbon last Wednesday, to officially open the new e-CLEP facility in the Navy College building.

(Photo by Art Frith)

## THE NAVY LOG: *A way to remember*

By Art Frith  
NSA MID-SOUTH PUBLIC AFFAIRS

The U.S. Navy Memorial's Navy Log is one of the best possible ways you can honor a friend or member of your family who is serving, or has served, in the Sea Services. Do it now at no charge.

Now through the end of July, Navy Log enrollment is free. All that you need to do is log in at <http://www.lonesailor.org>. There you will be able to enter service dates, duty stations, awards and service memories. There are more than a half million sailors, Marines, Coast Guardsmen and women and merchant mariners, active duty, reserve and veterans already in the Navy Log.

Once enrolled in the Navy Log, family, friends and shipmates can view your Log via the Internet anytime at <http://www.navymemorial.org>, or during visits to the Navy Memorial in downtown Washington, D.C.

Once you're enrolled in the Navy log, adding or replacing a picture is simple. It can be sent electronically or by mailing it to

The Navy Log, U.S. Navy Memorial Foundation, 701 Pennsylvania Ave NW, Suite 123, Washington, DC 20004-2608. However, you can add a picture only to an existing log record. So, make certain of the existence of a record on the Navy Log before submitting a photo. It should not be any larger than 8x10 and very clear, so that the scanner is able to scan a clear image. The picture can be either color or black-and-white. True copies are acceptable and requested, as photos are not usually returned, but can be if necessary. Photocopies may also be used, but it is not recommended. Write on the back of the photo the person's full name, place where the picture was taken and the year it was taken. Pens should not be used to write the information, as this may cause an imprint resulting in a blemish during the scanning process.

Electronic submissions need to be from an IBM-based system in a JPG format, 3.33 inches wide, and 4.41 inches in height. The pixel dimensions are 240 wide and 318 in height, with a DPI of 75.

You can then e-mail the image to: [navy-log@navymemorial.org](mailto:navy-log@navymemorial.org).

## EYE ON THE FLEET



An air-cushion landing craft prepares to enter the well deck of amphibious assault ship, USS Kearsarge (LHD 3). Kearsarge is currently conducting training operations in support of the global war on terror.

(Photo by PHAN Christopher Newman)

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# Morale, Welfare and Recreation



## & Aquatics Program

NSA Mid-South Bldg. S-772  
(901) 874-5169

The Swimming Pool is an all-hands Olympic size pool with a diving well, two one-meter diving boards and separate covered children's pool.

Qualified lifeguards are always on duty during operating hours.

General recreational swimming:  
Tuesday - Friday 1:30 - 8 p.m.  
Saturday, Sunday and holidays 12 p.m. - 8 p.m.  
Pool closed Mondays

### Facility Schedule

Swimming pool officially opens for business Memorial Day and closes Labor Day Weekend

Monday	Closed for cleaning & in-service training.
Tuesday-Friday 6-8 a.m.	Adult Lap Swim available for all authorized patrons age 18 and older. Youth Program Summer Day Camp. Learn to Swim Program (Tues-Fri) Adult Lap Swim (Tues-Fri) available for all authorized patrons age 18 and older. Water Aerobics General Recreation Swim Begins Learn to Swim Program (Tues-Fri) General Recreation Swim Ends Private Parties and Command Functions (Tues-Sat)
8:45-10:15 a.m. 10:30 a.m.- 1 p.m. 11 a.m.-1 p.m.	
12-1 p.m. 1:30 p.m. 5:00 7 p.m. 8 p.m. 8 p.m. until	
Saturday, Sunday and holidays 8:30-9:30 a.m. 10-11 a.m. 12 p.m. 8 p.m.	In-Service Training (Sat only) Swim Lessons (Sat Only) General Recreation Swim Begins General Recreation Swim Ends
Facility Use Fees	Active Duty, Reservists, Retirees and children age 3 and under may enter the facility at no charge. \$2.00 daily admission fee charged for all other authorized patrons and their guests
Punch Cards	(Pool Passes) may be purchased by authorized patrons at the All Hands Pool during general recreation swim hours upon presentation of military or DoD identification. 10 punch card = \$12.00 (\$1.20 per punch) 20 punch card = \$18.00 (\$ .90 per punch) 30 punch card = \$21.50 (\$ .71 per punch)
E1-E6.....	10 punch card = \$17.00 (\$1.70 per punch) 20 punch card = \$24.00 (\$1.20 per punch) 30 punch card = \$30.00 (\$ 1 per punch)
E7 & above...	10 punch card = \$18.00 (\$1.80 per punch) 20 punch card = \$28.00 (\$1.40 per punch) 30 punch card = \$35.00 (\$1.17 per punch)
DoD/Civil... Service	

## Pool 'accidents': not nice to talk about, but worse to swim in ... so let's talk!

It's a grossly distasteful subject: someone has just had an "accident" in the pool.

It's not the kind of accident where someone has gotten hurt, but the kind that sends other patrons sloshing out of the water, groaning and gagging in disgust. Somebody has "lost control" because they were swimming while ill, or a parent neglected to drag their kid from the pool and force him to go to the bathroom before it became an emergency.

Pool defecations, as awful as they might be to think about, are a common problem wherever there are public pools. Even the base all hands pool is not without its share of incidents up to four or five mishaps of varying degrees occur per summer season, according to base MWR. Therefore, the problem needs to be frankly addressed, and patrons should always be mindful of their part in stemming possible health threats.

Many patrons don't think of swimming as an act of sharing water with others, and don't realize that illness can be spread through recreational or pool water. If they smell chlorine, many people believe the pool water is "sterile" and cannot spread illness. Many also believe that germs released from a sick person into chlorinated water are killed immediately.

Chlorine kills germs, it's true, but it takes time and some germs can live for hours or even days in a well maintained pool, spa or hot tub. The bacterial disease cryptosporidiosis, in particular, can be a real killer. It is a gastrointestinal infection caused by the parasite Cryptosporidium parvum, and can be fatal in people with a weakened immune system. Cryptosporidiosis is highly contagious and is fairly resistant to chlorine. It is easily spread when infected swimmers contaminate the pool water with their feces.

However, most germs in contaminated swimming water just cause diarrhea. The germs are spread when someone with diarrhea contaminates the water either by failing to clean adequately after a bowel movement or by having a bowel movement in the swimming water.

Healthy swimming behaviors in a pool can protect everyone from the spread of illness. With people conducting adequate personal hygiene, pool contamination can be prevented. Pool patrons need to realize that no one should swim when ill with diarrhea. Swimmers should never swallow pool water, because swallowing contaminated water is how most pool

illnesses are spread. In addition, all diaper-aged and toddler children are at high risk of having fecal accidents in the pool. Therefore, wading pools are usually more likely to be contaminated than big pools.

The use of "swim diapers" may give parents a false sense of security regarding fecal contamination. According to the U.S. Centers for Disease Control and Prevention, no published scientific information exists on how well these diapers are able to keep feces or infection-causing germs from leaking into the pool.

Disposable diapers can break apart in the water and should not be worn in a public pool. (The base all hands pool requires diaper-aged children to be in swim diapers.) However, it is unlikely that even swim diapers are able to keep diarrhea stools from leaking into the pool. Again, parents must understand the importance of not allowing their children to swim when they have diarrhea.

In addition, swimmers with other infectious or communicable diseases, or conditions such as a cold, flu, skin eruptions, open blisters or inflamed eyes, should be excluded from the pool.

Base MWR has a written standard operating procedure for its response to pool defecation:

- Secure the pool and remove all patrons from the water.
- Remove the material with a strainer net, then clean the strainer net with bleach or a comparative disinfectant.
- Pour liquid disinfectant into the area where the material was located, allowing 10 minutes for the pool chemicals and the added disinfectant to kill all bacteria from the material.
- Notify the base operating services contractor and Preventive Medicine at

the Branch Health Clinic of the incident, and request a bacteria test of a pool water sample.

Allow patrons back into the pool upon completion of the disinfectant process (the process should not exceed 30 minutes).

If the water sample bacteria test is positive, and if Preventive Medicine deems it necessary, promptly notify all customers (by using the pool sign-in log) who have had possible exposure to the bacteria.

If the defecation is in the form of diarrhea, the pool must be closed for a minimum of 36 hours. A process of super-chlorination is pushed through the filtration system, where a concentration of chlorine too high for people to swim in "shocks" the pool water and kills all bacteria. "We need the 36 hours for the chlorine to break down and dissipate before allowing patrons back in the pool," said Ronnie Miles, NSA Mid-South MWR director.

The MWR pool staff always does its utmost to ensure the pool is a safe, clean environment for customers. "We test every day for bacteria and proper chlorination levels," said Miles. "Our lifeguards and contractors are very attentive to the condition of the water." However, Miles said everyone realizes that children are especially unpredictable, and that accidents will inevitably happen.

"We depend on parents to use common sense in deciding whether it is okay to let their children into the pool," he said. "Patrons need to realize what a tremendous effort it takes on our part to get the pool back in shape when it becomes contaminated. We're asking that people simply refrain from using the pool when they are sick with something that others can catch."

### Hygiene rules for healthy pool water

- Wash yourself and/or your child thoroughly with soap and water before entering the pool.
- Don't swim when you have diarrhea. Anyone diagnosed with cryptosporidiosis should not enter a pool for 14 days after symptoms go away.
- Remind older toddlers and young children to take time out from play. They may be reluctant to visit the toilet. Help minimize accidents by taking them on frequent restroom trips (approximately every 30 to 60 minutes; toilets are readily available at the All Hands pool house a few feet away from the swimming area). Plan regular diaper changes.
- Check swim diapers often. (Do not assume that swim diapers or plastic pants will keep fecal material out of the water at least be sure the diaper fits snugly around the legs and waist.)
- Don't swallow pool water; don't allow child to drink pool water.
- Change diapers in a bathroom and not at poolside. Don't leave soiled diapers near the pool.
- Don't rinse hands in the pool after changing diapers or going to the toilet. Wash your hands thoroughly in the bathroom with soap and warm water. Don't rinse diapered children in the pool before, during or after diaper changes.
- Persons who are incontinent should wear clothing swimwear or underwear to better contain a mishap.
- Swimmers should notify pool management of gastrointestinal illnesses that they think may be due to a visit to the pool.
- Notify the lifeguard if you find fecal material in the water, or if you see anyone changing a child's diaper in the immediate vicinity of the swimming area.

## Youth Center and Teen Center happenings

### NAVY TEEN CENTER

**Available at TC:**  
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Transportation provided to the Teen Center from Millington Middle & Millington High to the Teen Center for north side housing & off-base MWR eligible residents each afternoon.

First visit is FREE!

Hours: 2:15-6 pm Monday-Thursday  
2:15-9 pm Friday & 4-9 pm Saturday  
Monthly pass is \$5

Two staff members at all times!

Navy Teen Center 901-874-5494 Bldg. S-770

### Dance Classes

Ballet, Jazz & Tap  
NSA Mid-South Conference Center N-767

AGE GROUP	CLASS TIME	
2-4 years	9-10 am	\$10 Family Registration Fee
4-5 years	10-11 am	
6-8 years	12-1 pm	
8-12 years	11 am-12 pm	Monthly Fee:
12 & older	8-9am	Military/Retiree \$30 DoD \$35 Community Civilian \$40

First class is FREE!

Call the YC for class info & for multi-child discount rates!

Instructor: Peggy Holden Armstrong  
has over 30 years experience in dance instruction.

Youth Center 901-874-5155

### KARATE

SHORIN-RYU

MONDAY & WEDNESDAY  
5:30-7 pm YC Bldg. 936

Ages 6-Adult

Monthly Fee:

Military/Retired:	DoD Civilian:
Ages 6-8 \$15	Ages 6-8 \$20
9-16 \$20	9-16 \$25
17 & up \$25	17 & up \$30

FIRST CLASS IS FREE!!

Navy Youth Center  
Bldg. 936 901-874-5155

### WHAT'S HAPPENING

@ your Navy Youth Center and Teen Center?

Here is an overview of our ongoing programs and events. Please stop by or call for further information.

Navy Youth Center  
Bldg. 936 901-874-5155

Navy Teen Center  
Bldg. S-770 901-874-5594

Visit [www.nsamidsouth.navy.mil](http://www.nsamidsouth.navy.mil) for MWR info, the required YC and TC paperwork.

### FAMILY RECREATION NIGHT

YOUTH CENTER BLDG. 936

Challenge the kids to a board game or enjoy a movie together!

Available at YC:

- relaxed atmosphere
- movies on a big screen TV
- foosball and games
- family friendly concessions

Monday and Wednesday 5:30-7:30 p.m.

Enjoy a FREE night out together as a family!

Navy Youth Center 901-874-5155

### Kid's Night Out

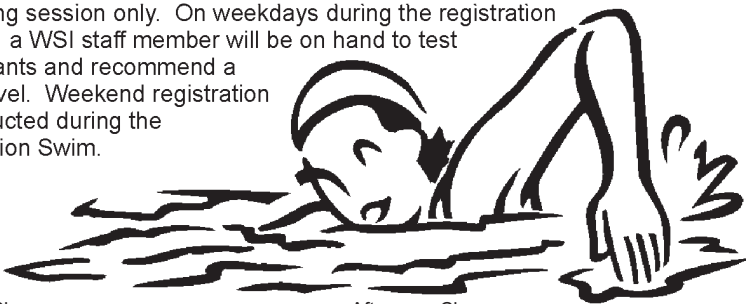
Trip to the Movies!

Friday, May 19

Youth in 1st-5th grade are invited to join us for Kid's Night Out - trip to the movies to see "Over the Hedge." Fee covers supervision, admission and transportation to theater (and ride home upon request.) Space is limited so drop by and register today. Deadline to register May 8. Fee for this event \$10 per child. Call (901)

## Learn to Swim Program Registration Starts May 26

Classes will be offered for Preschool and Levels 1 through 6 in accordance with American Red Cross guidelines. All classes are 8 class periods, 45 minutes each, with the exception of Preschool and Level 1, which will be 30 minutes. Learn to Swim program registration will be completed at the pool for the upcoming session only. On weekdays during the registration session, a WSI staff member will be on hand to test participants and recommend a swim level. Weekend registration is conducted during the Recreation Swim.



Morning Classes: Tuesday through Friday, 10:30 to 12 p.m. Session 1 - June 6- June 16 Registration....May 26- June 6, 11 a.m.-1 p.m. Session 2 - July 27-July 14 Registration....June 16-June 27, 11 a.m.-1 p.m. Session 3 - July 25-Aug 4 Registration....July 14-July 25, 11 a.m.-1 p.m.	Afternoon Classes: Tues/Thur or Wed/Fri, 5:00 to 7 p.m. Session 1 - June 6-June 30 Registration....May 26- June 6, 4:00 to 6 p.m. Session 2 - July 6-July 28 (7 classes) Registration....June 30-July 6, 4:00 to 6 p.m. Session 3 Registration....July 28-Aug 1, 4:00 to 6 p.m. Class dates....Aug 1-Aug 25
---	---

Price - \$40 for 1st family member, \$35 for 2nd, \$30 for 3rd or more registered during the same class period. Private lessons are available. (\$15 per session). Call 874-5169 for more information

## ... dining ...



### Eagle's Peak Grille

Glen Eagle Golf Course NSA Mid-South Millington, TN

#### Breakfast

Egg sandwich with choice of meat	\$2.50
Pancakes	\$3.50
French Toast	\$3.50
Sunrise Special 2 Eggs with Choice of Meat (Ham, Sausage or Bacon) Hash browns or Grits... Toast or Biscuit Coffee, Soda or Tea	\$3.75
Good Morning Special Three Egg Omelet with choice of 2 filling (2 meats extra) American Cheese, Swiss Cheese, Pepper jack Cheese, Provolone Cheese, Green Pepper, Onion, Mushroom, Tomato, Ham, or Sausage... Hash browns, or Grits... Toast or Biscuit	\$4.25
Western Omelet Hash browns or Grits... Toast or Biscuit Coffee, Soda or Tea	\$5.50

All Breakfast choices come with your choice of sausage, bacon or ham.

#### Lunch

Hot Dog	\$2.00	Combo \$3.25
Hamburger	\$3.25	\$4.50
Cheeseburger	\$3.50	\$4.75
Chicken breast	\$3.50	\$4.75
Chicken Philly	\$4.25	\$5.50
Beef Philly	\$4.25	\$5.50
Club Sandwich	\$4.00	\$5.25

French Fries	\$1.00	\$1.00
Onion Rings	\$1.50	\$1.50

Combo includes French Fries and drink



Call 874-5415 for Daily Lunch Specials and get your order TO-GO!

#### Grille Daily Specials

Thursday, May 18  
Meatloaf

Friday, May 19  
Fried Catfish or Shrimp

Monday, May 22  
Chicken and Rice

Tuesday, May 23  
Taco Salad

Wednesday, May 24  
BBQ Pork

Thursday, May 25  
Spaghetti

Friday, May 26  
Fried Catfish or Shrimp



Morale, Welfare and Recreation

MWR Event Highlights

4th Annual  
Concerts  
by the Green!

Every Friday  
Glen Eagle Golf Course  
Naval Support Activity Mid-South, Millington  
6:30 p.m to 8:30 p.m.

Special Door Prize Each Week  
\$200 Gift Certificate  
FREE Entry! Must Be Present To Win!



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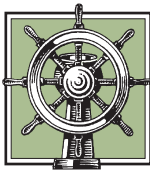
May 19  
Andy Childs  
(Memphis Music)



May 26  
The Distraxshuns  
(Rockin' Memphis Soul)



... Dining...



at the  
HELMSMAN COMPLEX

Bldg. S-760 Navy Mid-South....for information call 874-5132

Join us for lunch and more!  
Lunch served 10:30 a.m.-1 p.m.  
Monday - Friday

(See calendar below for daily buffet entree menu.)

\$5.25 Value Spotlight

Daily Plate Lunch special

Your choice of one of the entree items  
from the buffet, one starch, one vegetable  
and a side salad or cup of soup with rolls  
plated from the buffet selections by your server.



Call 874-5356  
and get it "to go"!

May A-La-Carte Lunch Specials

#1 Seafood Salad ..... \$ 5.00

Chilled mixed greens topped with salad  
shrimp and crab meat, wedges of tomato  
and egg. Served with choice of dressing.

#2 Mandarin Chicken Salad ..... \$ 5.00

Chicken, Mandarin oranges, grapes on a bed  
of fresh mixed greens with tomato wedges,  
cucumber slices, croutons, almonds and cheese.  
Served with your choice of dressing.

#3 Grilled Chicken Caesar Salad ..... \$ 5.00

Romaine Lettuce topped with grilled  
chicken, home style croutons and Parmesan.  
Served with Caesar Salad Dressing.

#4 Chicken Taco Salad ..... \$ 5.00

A crisp flour taco shell filled with shredded  
lettuce, green onions, ripe olives, tomatoes,  
shredded cheese and topped with spicy  
grilled chicken breast, sour cream and salsa.

ITT vacation and ticket offers

For more information or tickets stop by Information, Tickets and  
Travel Office, in the Helmsman Complex Bldg. S-760 Navy Mid-  
South or call (901) 874-5652/5455, 1-800-779-4252.



Cardinals vs Dodgers at New Busch Stadium!  
ITT Overnight trip scheduled July 14-15

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ITT Overnight trip to see Cardinals vs Dodgers at New Busch Stadium July 14-15. Baseball's finest will be at the Busch Stadium in St. Louis and you can be there too! ITT is one of the few sources for the limited number of tickets that are still available for this game! Itinerary: Friday, July 14 - Depart Navy Mid-South at 11 a.m. Arrive Sheraton Hotel St. Louis by 4:30. Game time 7:10 p.m. Saturday, July 15 - Depart the hotel at 9 a.m. to tour Anheuser Busch Brewery. Depart to return to Navy Mid-South immediately following Brewery Tour. Stop en route on return trip to Navy Mid-South for Dutch Treat Dinner. Cost includes tickets to the game; deluxe hotel accommodations at the Sheraton Hotel St. Louis; round trip transportation onboard MWR Coach Bus; sodas/water and movies en route; and Anheuser Busch Brewery Tour admission. Deadline to sign up June 14, 2006.



Thursday, May 25 at 7:10 p.m.

Saturday, June 3 at 6:10 p.m.  
Fireworks immediately after the game.

Sunday, June 4 at 2:10 p.m.  
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More game dates available.  
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Deadline to purchase tickets  
usually week before game.



Mongolian BBQ

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carrots, mushrooms, pineapple and  
jalapeno peppers.

Cost: 60 cents per oz.

IN THE COMING WEEK!

MAY 18-27, 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div></div> <div>Enjoy a <b>FREE</b> picture show in our 36-seat movie theater.  Popcorn and snacks available. All shows start at 7 p.m. unless otherwise specified.  <i>Ellison Recreation Center is open to active duty, retired, reserve military members, DoD employees and their family members. Patrons must be 18 years or older to attend.</i></div>				<div><i>Helmsman Lunch Buffet</i> <b>18</b> Roast Beef Pit Smoked Ham</div> <div><b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>Madea's Family (PG)</i></div>	<div><i>Helmsman Lunch Buffet</i> <b>19</b> Fried Catfish Hamburger Steak</div> <div> <b>Every Friday</b> Sign in begins at 5 p.m. 1st session of play begins at 6 p.m. 2nd session of play begins at 9 p.m.  <i>Mongolian BBQ</i> 5 - 8 p.m. Oaks Dining  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>Freedomland (R)</i></div>	<div>Ballet, Jazz and Tap Class <b>20</b> every Sat. 8 a.m.-12 p.m. at the Conference Center</div> <div> <b>FAMILY MOVIE DAY!</b> Ellison Rec. Center 1 - 4 p.m. (Movie begins at 1:30 p.m.) <i>The Shaggy Dog (PG)</i>  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>Running Scared (R)</i></div>
<div> <b>Group Fitness Classes are offered Monday-Saturday at Joe Dugger</b> Call 874-5497 for information  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>The New World (PG 13)</i></div>	<div><i>Helmsman Lunch Buffet</i> <b>22</b> Build your own Burger/Hot dog bar  <b>Family Recreation Night</b> 5:30-7 p.m. at Youth Center Call 874-5155 for details!  <b>Karate (Shorin-Ryu)</b> 5:30-7 p.m. at Youth Center  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>Big Momma's House 2 (PG 13)</i></div>	<div><i>Helmsman Lunch Buffet</i> <b>23</b> Fried Pork Chops Stuffed Bell Peppers  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>Date Movie (PG 13)</i></div>	<div><i>Helmsman Lunch Buffet</i> <b>24</b> Southern Fried Chicken Beef Tips with Wine Sauce  <b>Family Recreation Night</b> 5:30-7 p.m. at Youth Center Call 874-5155 for details!  <b>Karate (Shorin-Ryu)</b> 5:30-7 p.m. at Youth Center   <b>BINGO</b> 4-10 p.m. Bingo Hall!  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>The River King (R)</i></div>	<div><i>Helmsman Lunch Buffet</i> <b>25</b> Roast Beef Pit Smoked Ham  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>Eight Below (PG)</i></div>	<div><i>Helmsman Lunch Buffet</i> <b>26</b> Fried Catfish Fried Shrimp   <b>Every Friday Golf Course</b>   <b>BINGO</b> 4-10 p.m. Bingo Hall!  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>Half Light (R)</i></div>	<div>Ballet, Jazz and Tap Class <b>27</b> every Sat. 8 a.m.-12 p.m. at the Conference Center</div> <div> <b>FAMILY MOVIE DAY!</b> Ellison Rec. Center 1 - 4 p.m. (Movie begins at 1:30 p.m.) <i>Aquamarine (PG)</i>  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>The Producers (PG 13)</i></div>



# Active retirement for veterans: Now's your chance

BY PERRY LOCKHART  
FOR [LIFELINES.NAVY.MIL/LIFELINES.USMC.MIL](http://LIFELINES.NAVY.MIL/LIFELINES.USMC.MIL)

Every day for the past three years, your commute took you past the golf course, past the pool, past the marina, and next to the theater. The bowling alley was across the street from your office. On sunny days, the sounds from the tennis courts at the recreation center wafted through your window as you served up another report on your trusty computer.

You've daydreamed about early tee times, late lunches, afternoon tennis. You've craved to get in some fishing from your boat when the fish were biting, not just on Saturday.

Sure, you spent your lunches in the gym or running the trails around base, dodging the occasional horseback rider from the stables. You had to, if you wanted to pass the physical fitness test. You spent a few Friday afternoons at the club, networking with your friends and swapping sea stories. And on Wednesday afternoons, you sometimes sneaked out of your office to take part in the base "Free Wednesday" promotion, in which you were able to use one of the MWR facilities at no cost. After all, you were active-duty.

But now, the flag has lowered on your career, and you are officially retired. You've given at least 20 years to your country all over the world. You've had your share of deployments, long days, work around the clock. Now, time is yours, and you get to decide how to spend it. That 0830 tee time is yours for the asking.

One of the great benefits of a military retirement is that you have unlimited access to military installation facilities for the rest of your life. Your honorable service gives you the opportunity to golf, swim, run, eat, shop and socialize in an environment to which you are accustomed. It provides you the opportunity to continue relationships and develop new ones with your active-duty brethren, stay connected to military policy and spin yarns about the old days.

Another benefit is cost. As you learned on active duty, it is cheaper to golf, play tennis, moor a boat or shop the exchange than to do those things outside the gate. Living near a military installation provides you unlimited opportunity to save money on the business of retirement, enjoying yourself and staying active on your time.

MWR oversees the base facilities that can provide a full slate of activity in your retirement. While the primary mission is to provide support to active-duty service members and their families, you are not forgotten in your retirement. You've earned the right to enjoy base activities, and these organizations remember that.

Your first stop on base after retirement should be the Retired Activities Office, located on most Navy and Marine Corps installations. Here, you'll find information, resources and points of contact for all of your retirement needs. Volunteer retirees who want to ensure you take full advantage of your retirement privileges man the Retired Affairs Office. Personnel in the Retired Affairs Office can steer you in the right direction whenever you have a question regarding your retirement.

A good Web site for retirees is the Retired Activities Section Web site at <http://www.npc.navy.mil/Audiences/ForFamilies>.

To help keep you connected to the military after retirement, many bases host annual Retiree Days in your honor, at which you can find

out what's going on around base and receive information regarding retiree activities and benefits.

As a retiree, you can also take advantage of retiree discounts and priority status offered by many MWR facilities. Your local recreation office or facility can provide you information regarding the kinds of discounts to which you may be entitled.

## LEGAL LESSONS

By David Britton Peel  
Attorney at Law  
[www.coleandpeel.com](http://www.coleandpeel.com)



### "This Must Be Your Second Case?"

I have helped many workers compensation clients on what they call their "second case."

In other words, they have hired me to help them when they were hurt at work this time, but what happened to the "first case?" The first case was the one where some boss or co-worker talked them into filing their worker's comp. case on their health insurance and "letting it go."

Why would a legitimate employee hurt on the job do that? Usually, it is fear of losing the job plus the pressure that companies and co-employees place upon them not to report a lost time injury. Some companies encourage "safety" by giving a bonus to all the employees if no one reports a lost time injury within a given period. So, if you are hurt on the assembly line, your co-worker may lose his bonus. He may lean on you to "let it go."

Another way the company encourages this under reporting is to threaten the worker if he gets a lawyer or has a claim. They also can tell the co-workers to give people a hard time and accuse them of "milking the company." They even show videos and try to tell the client that they can get the same money with or without a lawyer.

However, the reality of this behavior is just the opposite. If a worker who has a legitimate claim files it under health insurance, he is passing the costs onto only his co-workers who pay into their pool. This hurts everyone who works there on the line. Under worker's comp., the company bears the cost and passes it along to all its thousands of consumers who can better bear the cost.

Also, if he files on health insurance a true worker's comp. claim, he will likely have to commit insurance fraud and tell the health insurance company that his accident did not, in fact, happen on the job.

But the worst thing by far, is that the well-meaning employee who gets talked into doing this to "save his job." Because, once he can no longer do the job, he can be fired.

Under worker's comp., if he cannot do the job, he gets up three-four times more of a settlement. But, without comp, he is just out of work. And bitter. And he swears that on his next claim, he will hire a lawyer and do it by the book.

The bottom line: if you give up your comp claim in hopes that the company will care and be decent, and they are not, you have lost all the tax free settlement and maybe your job too. Decent companies want their people taken care of. They don't mind if you get an attorney, if they are going to treat you fairly anyway. (Please pass this along to those you care about who work in plants where this may occur.)

— David Britton Peel is a Millington attorney who primarily handles serious injury, death and disability cases, along with closings and wills. If you would like to contact Mr. Peel, you may do so at 901-872-4229 or at [dpeel@bigriver.net](mailto:dpeel@bigriver.net). Mr. Peel is also available to speak to your church or club.

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<a href="#">OMGT 5000/45</a>	Introduction to Quality Management	T

**Computer Information Resources Management**

<a href="#">COMP 5920/45</a>	Information Systems Applications	T
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<a href="#">BUSN 5200/45</a>	Basic Finance for Managers (replaced FINC 5570)	R
<a href="#">HRDV 5610/45</a>	Training and Development	M
<a href="#">HRMG 5670/45</a>	Applied Statistics	T
<a href="#">HRMG 5670/ME</a>	Applied Statistics	M
<a href="#">HRMG 6000/45</a>	Integrated Studies	W

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# DoD offers free anti-spyware for personal use

BY JO2 (SW/AW)  
JENNIFER GOULART  
NAVAL NETWORK WARFARE  
COMMAND PUBLIC AFFAIRS

NORFOLK, Va. (NNS) — The Defense Information Systems Agency (DISA) has licensed free anti-spyware software for all government employees and armed forces personnel for use on personal computer systems.

According to the Federal Trade Commission's Web site at [www.ftc.gov](http://www.ftc.gov), spyware is software that monitors or controls the use of your computer. It could send pop-up ads, redirect browsers to certain Web sites, or even record your keystrokes. A pop-up ad could even try to trick someone into typing in bank account information, leading to identity theft. Users may also be able to get the software through their respective Automated Data Processing offices. "ADP can burn the software to a CD for the user to take home," said Information Systems Technician 1st Class (SW) Eric Rucker, an information security officer for Navy Computer Defense Operations Command

(NCDOC). "Once the software is downloaded at home, it will automatically update periodically. With the amount of people that use e-mail and zip drives to bring work home and back, the risk of bringing spyware to work is much greater, and that could create weakness that may exploit DoD computers."

Steve Saunders, a network security analyst for the NCDOC, said that spyware infection throughout 2005 has become one of the pre-eminent security threats to computer systems. He said that spyware is even able to masquerade as security software, while actually doing damage. Saunders expressed that caution

should be exercised when visiting Web sites if pop-ups start appearing, or if a user's computer starts showing constant requests to install browser components and other applications.

"Any offer for free software, or upgrades by big names, is another thing to watch out for," Saunders said. "The best thing to do is to go to a company's registered Web site to get the legitimate downloads available." "Professional analysts have found that survival time of a brand new computer, just connected to the Internet, is 18 minutes," added Saunders. "Out of six trillion IP addresses

out there, that is like a blink of an eye."

NCDOC is part of NETWARCOM, the Navy's type commander for Information Operations, FORCEnet, networks and Space. Based in Norfolk, Va., the command is the central operational authority responsible for providing ready Information Warfare forces, which are fully trained, properly manned, interoperable, well maintained and supported within the Navy. To download the free anti-spyware software, go to the DISA Web site at <https://iase.disa.mil/sdep>, or the Navy's Information Assurance Web site at <https://infosec.navy.mil>. At the INFOSEC site, click on the COMPUSEC tools tab and scroll down to the anti-spyware link, second from the top. The software can then be saved to a local hard drive for writing on a CD-ROM or other portable media for home use. Users must be on a "mil" workstation to download the software.



## FAMILIARIZING & LICENSING

Tennessee State Guard (TNSG) Recruit Carol Diamond receives instructions on Humvee operations from members of the U.S. Army Reserve's 655th Transportation Section. Diamond and other members of the TNSG 1st Regiment participated in a Familiarization & Licensing class before getting behind the wheel for a test drive.

(Photo by Art Frith)

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**Pharmacy Notes**  
by  
Ed Montgomery, D.Ph.

### STINGING REBUTTAL

Always have rubbing alcohol in your medicine cabinet for a variety of uses. For instance, when applied to the site of an insect sting or bite, it will act as a solvent that removes material deposited by the sting or bite. Rubbing alcohol may also work to inhibit certain proteins in the sting or bite that cause irritation. Moreover, rubbing alcohol will likely bring a cooling sensation to the inflamed area. This sort of symptomatic relief stems from the fact that it evaporates quickly. At the same time, it is important to point out that if you have been stung or bitten and experience an allergic reaction (difficulty breathing or nausea), immediate action in an emergency room is essential.

Whenever you need information about cholesterol lowering drugs, or any other medications, gives us call at 901-873-3200, MEDICAP PHARMACY, 4771 Navy Road. Counseling appointments are available for calcium evaluations, malitosis, and diabetes, including a basic diabetes program, individual diabetes classes, and diabetes monitor educations.

**Hint: A lightweight "pen" with a dose of epinephrine should be on hand to treat anaphylaxis, the severe allergic reaction to bee stings and certain foods (peanuts, shellfish, etc.).**

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# SCRAMBLE TO TEE TIME!

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First South Credit Union invites you to take part in our 17th Annual Four-Person Golf Scramble, Friday, June 16, at Glen Eagle Golf Course, NSA, Millington, Tennessee. Registration and lunch start at 11:30 a.m. Shotgun Start is at 1:00 p.m.

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**"Boy, did I make a wrong turn at Albuquerque!"**



This bar-headed goose, which is native to Central Asia and migrates over the Himalayas to winter in the wetlands of India, somehow has made its way here to Navy Lake. The bar-headed goose is often kept in captivity, from which it sometimes escapes. The wild population is declining due to over-hunting.

(Photo by Art Frith)


## NSA employee receives FEA Award

By Art Frith  
NSA Mid-South Public Affairs

Rodger Aitken, facility planning officer in the Requirements Branch, Public Works Mid-South, received the Federal Employees' Association (FEA) Civilian of the Year (Category 17) Outstanding Volunteer Service Award at a luncheon in Memphis earlier this month.

Dave Wainwright, architectural technician, said of Aitken's selection, "Rodger is an inspiration to us all. He is one of the rare civilian employees to win FEA competition twice in his distinguished civil service career."

Aitken was selected from various commands in the area, including the NSA staff Navy Personnel Command (NPC). "I have been extremely fortunate to have received both the Scientific/Professional Award in 1997 and the Outstanding Volunteer Service Award this year," Aitken said. Included in the volunteer service cited in Aitken's nomination was his more than 30 years as a volunteer leader with the Boy Scouts of America and 20-plus years involvement with the Memphis Running Track Club.



Roger Aitken

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